

5th Grade

Health and Physical Education Framework Strands **Matched to the Health and Physical Education Standards**

Strand:	Standard 1: Structures, functions & relationships among human body systems	
IA	Functions & Interrelationships of Systems	Human Body Systems
IIA	Health Maintenance and Enhancement	Personal & Family Health
IIB		Nutrition Principles and Practices
IIIA	Risk Assessment and Reduction	Disease Prevention and Control
IVA	Efficiency of Human Movement and Performance	Fundamental Movement Skills & Games
VA	Physical Activity & Lifetime Wellness	Personal Fitness/Wellness

Strand:	Standard 2: Principles & Practices of physical & mental health	
IA	Functions & Interrelationships of Systems	Human Body Systems
IB		Social Systems
IIA	Health Maintenance & Enhancement	Personal & Family Health
IIB		Nutrition Principles and Practices
IIC		Consumer Health
IID		Life Management Skills
IIIA	Risk Assessment & Reduction	Disease Prevention & Control
IIIB		Injury Prevention & Safety
IIIC		Tobacco, Alcohol & Other Drugs
VA	Physical Activity & Lifetime Wellness	Personal Fitness/Wellness
VB		Responsible Personal & Social Behavior in Physical Activity Settings

Strand:	Standard 3: Diseases & methods of prevention, treatment & control	
IIA	Health Maintenance & Enhancement	Personal & Family Health
IIB		Nutrition Principles and Practices
IIIA	Risk Assessment & Reduction	Disease Prevention & Control
IIIB		Injury Prevention & Safety
IIID		

Strand:	Standard 4: Principles of Movement & Fitness	
IVA	Efficiency of Human Movement & Performance	Fundamental Movement Skills & Games
IVB		Sports Skills and Lifetime Activities
IVC		Rhythms & Dance
IVD		Principles of Movement
VA	Physical Activity & Lifetime Wellness	Personal Fitness/Wellness
VB		Responsible Personal & Social Behavior in Physical Activity Settings
VC		Injury Prevention/Treatment & Rehabilitation

Strand:	Standard 5: Methods used to assess health, reduce risk factors, & avoid high risk behaviors (such as violence, tobacco, alcohol & other drug use)	
IIA	Health Maintenance & Enhancement	Personal & Family Health
IID		Life Management Skills
IIIB	Risk Assessment & Reduction	Injury Prevention & Safety
IIIC		Tobacco, Alcohol & Other Drugs

Strand:	Standard 6: Consumer health issues (such as the effects of mass media & technologies on safety & health)	
IIB	Health Maintenance & Enhancement	Nutrition Principles & Practices
IIC		Consumer Health
IID		Life Management Skills
IIIC	Risk Assessment & Reduction	Tobacco, Alcohol & Other Drugs

Strand:	Standard 7: Responses to emergency situations	
IIIB	Risk Assessment & Reduction	Injury Prevention & Safety
VB	Physical Activity & Lifetime Wellness	Responsible Personal & Social Behavior in Physical Activity Settings